

DHO First Aid Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What is a crucial first step in treating a person with heat stroke?**
 - A. Call for emergency services**
 - B. Remove excessive clothing**
 - C. Provide food**
 - D. Give them ice chips**

- 2. What should you do if someone is in cardiac arrest?**
 - A. Provide comfort and wait for help**
 - B. Call for help, start CPR, and use an AED if available**
 - C. Check for responsiveness and leave them alone**
 - D. Give water and monitor their response**

- 3. In what position should you lay a victim who has difficulty breathing?**
 - A. Flat on their back with no elevation**
 - B. On their side**
 - C. Flat on their stomach**
 - D. On their back with the head slightly raised**

- 4. What is the recovery position?**
 - A. A sitting position for breathing**
 - B. A facing-up position on the back**
 - C. A side-lying position to maintain airway**
 - D. A position with feet elevated**

- 5. What should NOT be done when treating a mild partial thickness burn?**
 - A. Use a dry sterile dressing**
 - B. Break any blisters that form**
 - C. Flush the area with cool water**
 - D. Elevate the affected body part**

- 6. What are heat cramps and what causes them?**
- A. Pain in the legs caused by fractures**
 - B. Muscle pains from prolonged inactivity**
 - C. Muscle pains and spasms caused by water and salt loss**
 - D. Increased body temperature from exercise**
- 7. What should always be done after confirming a dislocation?**
- A. Surgery is mandatory**
 - B. Immobilization of the joint is required**
 - C. Joint manipulation should be attempted**
 - D. Pain should be ignored**
- 8. What should be done if someone has ingested poison?**
- A. Induce vomiting immediately**
 - B. Call poison control and follow their instructions**
 - C. Administer activated charcoal**
 - D. Wait for symptoms to appear before acting**
- 9. For children, what percentage of body burns necessitates seeking medical help?**
- A. 10%**
 - B. 15%**
 - C. 20%**
 - D. 5%**
- 10. Which of the following best describes a strain?**
- A. Complete tearing of a muscle**
 - B. Overstretching of a muscle**
 - C. Fracture of the bone**
 - D. Pulling a ligament**

Answers

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1. B
2. B
3. D
4. C
5. B
6. C
7. B
8. B
9. A
10. B

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Explanations

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1. What is a crucial first step in treating a person with heat stroke?

- A. Call for emergency services**
- B. Remove excessive clothing**
- C. Provide food**
- D. Give them ice chips**

In treating a person with heat stroke, the crucial first step is to remove excessive clothing. This helps to lower the body temperature by allowing heat to escape more effectively. When a person suffers from heat stroke, their body temperature can rise to dangerous levels that can lead to serious complications or even death. By removing clothing, particularly any heavy or insulating materials, the body's heat can dissipate more readily. While calling for emergency services is also critical in the overall management of heat stroke, the instant focus on alleviating the heat is paramount for immediate treatment. Providing food is inappropriate, as the individual may be nauseous or unable to digest. Giving ice chips can pose a risk of choking and is not an optimal method for cooling down someone with heat stroke. Thus, removing excessive clothing serves as the most immediate and effective action to start addressing the severe condition of heat stroke.

2. What should you do if someone is in cardiac arrest?

- A. Provide comfort and wait for help**
- B. Call for help, start CPR, and use an AED if available**
- C. Check for responsiveness and leave them alone**
- D. Give water and monitor their response**

In a situation where someone is in cardiac arrest, the most critical and effective action to take is to immediately call for help, start CPR, and use an AED (automated external defibrillator) if one is available. This prompt response is essential for increasing the chances of survival. Cardiac arrest occurs when the heart stops beating effectively, which leads to a lack of blood flow to the brain and other vital organs. Starting CPR provides artificial circulation by compressing the chest to keep blood flowing, which can sustain vital organs until emergency medical services arrive. The use of an AED adds an important step; it delivers an electric shock to the heart, which can restore a normal rhythm. Providing comfort and waiting for help offers no benefit in a cardiac arrest situation, as immediate intervention is necessary. Checking for responsiveness without acting can delay crucial care, and giving water does not address the medical emergency at hand. Prompt action is vital in these scenarios, making the correct response clear and crucial for the affected individual's survival.

3. In what position should you lay a victim who has difficulty breathing?

- A. Flat on their back with no elevation**
- B. On their side**
- C. Flat on their stomach**
- D. On their back with the head slightly raised**

Laying a victim who has difficulty breathing on their back with the head slightly raised is the correct approach because this position can facilitate easier airflow into the lungs. Elevating the head helps to open up the airways, reducing any potential obstruction caused by the tongue or pharyngeal tissues. This position can also alleviate pressure on the diaphragm, making it easier for the victim to take deeper breaths. The elevation allows gravity to assist with lung expansion and can be especially beneficial for individuals experiencing respiratory distress or conditions like asthma. It also aids in comfort and can help to relieve anxiety, which frequently accompanies breathing difficulties. In contrast, laying flat on their back without elevation may hinder breathing efforts, particularly in cases where the victim might be experiencing fluid buildup or swelling in the airways. Being on their side might be beneficial in certain situations, but it is usually not the most effective for maximizing airflow as the semi-upright position does. Laying flat on their stomach is typically not advisable for anyone struggling to breathe, as it can further compress the chest and restrict lung expansion.

4. What is the recovery position?

- A. A sitting position for breathing**
- B. A facing-up position on the back**
- C. A side-lying position to maintain airway**
- D. A position with feet elevated**

The recovery position is a side-lying position designed specifically to help maintain an open airway for an individual who is unconscious but still breathing. This position is crucial in first aid as it allows gravity to assist in keeping the person's airway clear while preventing choking on any fluids, such as vomit, and minimizing the risk of aspiration. In this position, the individual is also less likely to roll onto their back, which can compromise their breathing if they are unresponsive. This is particularly important in emergency situations, where ensuring a clear airway can be a critical factor in sustaining life until further medical help arrives. Adopting this position is standard practice for first responders and anyone trained in first aid when encountering someone who is unresponsive but breathing normally.

5. What should NOT be done when treating a mild partial thickness burn?

- A. Use a dry sterile dressing**
- B. Break any blisters that form**
- C. Flush the area with cool water**
- D. Elevate the affected body part**

When treating a mild partial thickness burn, it is crucial to protect the injury and promote healing. Breaking any blisters that form is not advisable because the blister serves as a natural barrier against infection and helps keep the underlying tissue moist, which is beneficial for healing. By breaking the blister, you expose raw skin to potential contaminants and increase the risk of infection. Using a dry sterile dressing is appropriate as it protects the burn area from further injury and contamination, while flushing the burn with cool water helps to cool the area and relieve pain. Elevating the affected body part can reduce swelling and improve circulation, making it a proper action in managing burn injuries. Thus, while the other actions contribute positively to the treatment, breaking blisters could lead to complications and hinder recovery.

6. What are heat cramps and what causes them?

- A. Pain in the legs caused by fractures**
- B. Muscle pains from prolonged inactivity**
- C. Muscle pains and spasms caused by water and salt loss**
- D. Increased body temperature from exercise**

Heat cramps are painful muscle contractions that typically occur during or after intense physical activity, especially in conditions of high heat and humidity. They are linked to significant loss of water and electrolytes, particularly sodium, through sweating. When the body loses these essential fluids and salts, it can lead to a disturbance in the normal function of muscles, resulting in involuntary and painful spasms. The correct option identifies this relationship between muscle pains and spasms specifically with dehydration and electrolyte imbalance. Proper hydration and maintaining electrolyte levels are crucial to prevent heat cramps during physical exertion, especially in hot weather. Recognizing these symptoms is vital for providing appropriate first aid and treatment to the individual experiencing heat cramps, which may include rehydration and rest. In contrast, the other options do not accurately describe the cause of heat cramps. For instance, pain in the legs from fractures pertains to injuries rather than muscular issues stemming from heat and hydration. Muscle pains from prolonged inactivity are related to lack of movement rather than heat exposure. While increased body temperature from exercise is a factor that allows for the occurrence of heat cramps, it is not the direct cause; rather, it is the loss of fluids and salts during this time that triggers the cramps themselves.

7. What should always be done after confirming a dislocation?

- A. Surgery is mandatory**
- B. Immobilization of the joint is required**
- C. Joint manipulation should be attempted**
- D. Pain should be ignored**

When a dislocation is confirmed, immobilization of the joint is crucial. This is because the dislocated joint can be unstable and subject to further injury if moved improperly. Immobilization helps prevent additional damage to surrounding tissues, including ligaments, tendons, and nerves, which could be affected by the dislocation. It also alleviates pain by keeping the joint in a fixed position, reducing the movement that could exacerbate the injury. Surgery might be necessary in some cases, but it is not always mandatory and depends on the severity and type of dislocation. Trying to manipulate the joint back into place without professional training can lead to complications and should not be attempted outside of a medical facility. Ignoring pain would also be inappropriate and detrimental to the individual's recovery process. Therefore, proper immobilization serves as a critical step in the initial management of a dislocation.

8. What should be done if someone has ingested poison?

- A. Induce vomiting immediately**
- B. Call poison control and follow their instructions**
- C. Administer activated charcoal**
- D. Wait for symptoms to appear before acting**

In cases of poisoning, the most appropriate action is to call poison control and follow their instructions. This is essential because poison control centers have trained professionals who can provide specific guidance based on the type of poison ingested, the amount, and the individual's condition. They can suggest the best course of action, which may vary significantly depending on the situation. Inducing vomiting or administering activated charcoal without professional guidance can be harmful and may worsen the situation. For instance, certain poisons can cause more damage to the esophagus or airway if vomited. Additionally, waiting for symptoms to appear before taking action can lead to a delay in treatment, potentially increasing the risk of serious harm or complications. Thus, contacting poison control ensures that the response is both safe and effective, tailored to the specific poisoning scenario.

9. For children, what percentage of body burns necessitates seeking medical help?

- A. 10%**
- B. 15%**
- C. 20%**
- D. 5%**

When it comes to determining the severity of burns in children, the percentage of body surface area affected is a critical factor in deciding whether medical attention is required. For children, burns that cover 10% or more of their total body surface area are considered significant and warrant immediate professional medical help. This threshold is lower than that for adults due to children's more delicate skin and greater vulnerability to complications from burns, such as infection and dehydration. In cases where the burn is extensive, medical professionals can provide necessary treatment that may include advanced wound care, pain management, and monitoring for complications that might arise due to the child's size and developmental stage. Thus, when assessing the situation, a burn covering 10% or more in a child stands out as a clear indicator for seeking medical assistance, affirming that this percentage is the appropriate threshold to work with.

10. Which of the following best describes a strain?

- A. Complete tearing of a muscle**
- B. Overstretching of a muscle**
- C. Fracture of the bone**
- D. Pulling a ligament**

A strain is best described as the overstretching of a muscle or tendon. This type of injury typically occurs when a muscle is stretched beyond its normal capacity, which can result from activities that involve lifting, twisting, or sudden movements. Strains can vary in severity, ranging from mild stretching to partial or complete tears of the muscle fibers, but the fundamental characteristic is the overstretching aspect. In this context, the other options describe different types of injuries: a complete tearing of a muscle indicates a more severe form of injury which could be classified as a significant strain but does not encapsulate the broader definition. A fracture of the bone pertains to a break in the bone structure, which is distinct from muscle injuries. Pulling a ligament relates to a sprain, which involves injury to the ligament rather than the muscle or tendon. Thus, the correct choice focuses specifically on the nature of a strain itself.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://dhofirstaid.examzify.com>

We wish you the very best on your exam journey. You've got this!

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